

Mental Health Among Adults

Wildcat Region, 2017



Frequent Mental Distress

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **nearly 14 of every 100** Wildcat Region adults 18 years and older had frequent mental distress.



Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

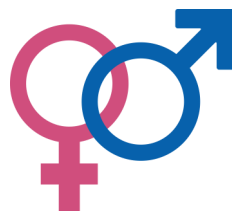
In 2017, **about 19 of every 100** Wildcat Region adults 18 years and older had depressive disorder.

Depressive Disorder by Selected Socio-demographic Characteristics, Wildcat Region

BY GENDER*

20.8%

Nearly 21 of every 100 adult women.



17.6%

Nearly 18 of every 100 adult men.

BY AGE*

18.6%

Nearly 19 of every 100 adults aged 18-44 years.

25.0%

25 of every 100 adults aged 45-64 years.

12.7%

Nearly 13 of every 100 adults aged 65 years and older.

BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.



30.0%

30 of every 100 adults with an annual household income of less than \$35,000 per year.



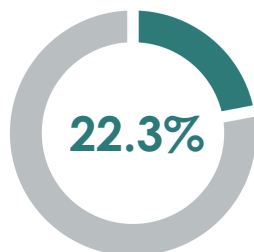
14.9%

Nearly 15 of every 100 adults with an annual household income of \$35,000 or higher per year.

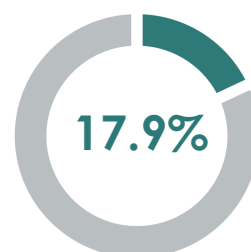
*The prevalence estimates of depressive disorder in Wildcat Region are not significantly different by gender and age groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Wildcat Region

BY EDUCATION*



About 22 of every 100 adults with a high school education or less.



Nearly 18 of every 100 adults with some college education or higher.

BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability**[†] compared to those **living without a disability**.

Nearly 44 of every 100 adults who reported living with a disability.

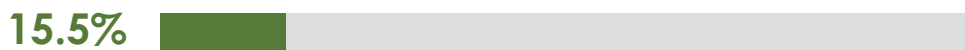


Nearly 13 of every 100 adults who reported living without a disability.



BY OBESITY*

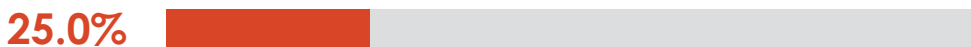
Nearly 16 of every 100 adults who were Normal or Underweight (BMI<25).



Nearly 20 of every 100 adults who were Overweight (25<=BMI<30).



25 of every 100 adults who were Obese (BMI>=30).



[†] Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

* The prevalence estimates of depressive disorder in Wildcat Region are not significantly different by education and obesity groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Wildcat Region

BY PHYSICAL ACTIVITY*



18.7%

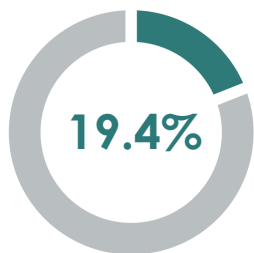
About 19 of every 100 adults who participate in leisure-time physical activity



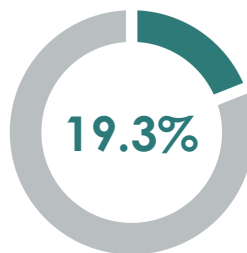
22.1%

About 22 of every 100 adults who did not participate in leisure-time physical activity

BY HEALTH INSURANCE*



About 19 of every 100 adults who were insured.



About 19 of every 100 adults who were uninsured.

* The prevalence estimates of depressive disorder in Wildcat Region are not significantly different by physical activity and health insurance groups.

‡ Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

Wildcat Region counties: Geary, Pottawatomie, Riley

Kansas Behavioral Risk Factor Surveillance System-Local Data, 2017. Kansas Department of Health and Environment, Bureau of Health Promotion website. Available at <http://www.kdheks.gov/brfss/BRFSS2017/index.html>. Accessed July 21, 2019.

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